

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 35049, Moose, meat, raw (Alaska Native)

Report Date: December 05, 2015 05:58 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	74.79	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	103	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	430	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	22.30	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) ¹	g	1.50	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash ¹	g	1.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca ¹	mg	5	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Iron, Fe ¹	mg	3.28	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Magnesium, Mg ¹	mg	23	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Phosphorus, P ¹	mg	165	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Potassium, K ¹	mg	317	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Sodium, Na ¹	mg	65	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Zinc, Zn ¹	mg	2.80	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Copper, Cu ¹	mg	0.067	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Manganese, Mn ¹	mg	0.008	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	4.0	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Thiamin ¹	mg	0.070	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Riboflavin ¹	mg	0.240	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin ¹	mg	5.000	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU ¹	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lipids													
Fatty acids, total saturated	g	0.220	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated ¹	g	0.150	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fatty acids, total polyunsaturated ¹	g	1.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated ¹	g	0.400	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2006
18:3 undifferentiated ¹	g	0.800	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Cholesterol ¹	mg	54	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993